

Workshop on “Smart Nutrition, Strong Generations” organized in Imphal West

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The District ICDS Cell, Imphal West, organised a one-day workshop on “Smart Nutrition, Strong Generations”, aiming to improve dietary habits and address nutrition challenges in the community.

The Director, Social Welfare, Manipur, and the Joint Director (ICDS) highlighted the role of community participation in building healthier future generations.

Key sessions focused on:

- Traditional meets modern: Busting myths and promoting healthy diets, especially for pregnant women, lactating mothers, and adolescent girls.
- Smart food choices: Encouraging less sugar and oil from tiffin to thali for children of all ages.
- Child health challenges: Guiding caregivers on preventing both malnutrition and obesity.

The workshop focused on awareness, balanced meals, and the integration of traditional knowledge with modern nutritional science to ensure stronger, healthier generations.



SS/MS/AM

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